

**Listing of Claims**

Claim 1-7. (cancelled)

Claim 8. (original) Administering an effective amount of forskolin to a human for the novel purpose of reducing food intake and appetite for food without adverse side effects.

Claim 9. (original) Adverse side effects according to claim 8 which consists of increased heart rate, feelings of nervousness, increased blood pressure and addictiveness.

Claim 10. (original) Forskolin according to claim 8 which is obtained through synthetic means or through extraction from *Coleus forskohli*.

Claim 11. (original) An effective amount of forskolin according to claim 8 which is between 30 and 500mg per day.

Claim 12. (original) An effective amount of forskolin according to claim 11 which is most preferable between 75 and 150mg per day.

Claim 13. (original) Forskolin according to claim 8 that is administered perorally as tablets, hard or soft gelatin capsules, sachets, or as a powder, including effervescent powder, or liquid.

Claim 14 (new) A method of suppressing appetite or reducing food intake in a human comprising the administration of at least 75mg per day of forskolin.

Claim 15 (new) The method of claim 14 wherein the dosage of forskolin is administered in 2-3 divided dosages given either 8-12 hours apart or 30-60 minutes prior to a meal.

Claim 16. (new) The method of claim 14 wherein the forskolin is administered at a dose of at least 75 mg at least 30 minutes prior to a meal.

Claim 17. (New) The method of claim 14 wherein the forskolin is administered is administered perorally as tablets, hard or soft gelatin capsules, sachets, or as a powder, including effervescent powder, or liquid.

Claim 18. (new) A method of reducing food intake or appetite for food comprising the administering an effective amount of forskolin to a human.

Claim 19. (new) The method of claim 18 in which the effective amount of forskolin is at least 75mg per day.

Claim 20. (new) The method of claim 18 in which the effective amount of forskolin is between 75 and 150mg per day.

Claim 21. (new) The method of claim 18 in which the forskolin is administered perorally as tablets, hard or soft gelatin capsules, sachets, or as a powder, including effervescent powder, or liquid.